

## Sample Breakfast Menu (One-Month Cycle)

Key: WW = whole wheat; LF = low-fat; NS = No added sugar

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Egg and LF cheese in WW tortilla</li> <li>• NS Peaches</li> <li>• Mini Wheats</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WW Waffles with Syrup</li> <li>• LF Sausage Link</li> <li>• Fresh Grapes</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WW Bagel w/ LF Cream Cheese</li> <li>• Hot Oatmeal</li> <li>• Raisins</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WW Cinnamon Rolls</li> <li>• LF Ham Slice</li> <li>• NS Pears</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• LF Cranberry Muffin</li> <li>• Apple Wedges</li> <li>• String Cheese</li> <li>• Skim/1% Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Banana Bread</li> <li>• Hot Cereal Choice</li> <li>• Orange Wedges</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Toasted WW English Muffin w/Jelly</li> <li>• Raisin Bran</li> <li>• Peach Cup</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled Eggs w/ LF Cheese</li> <li>• Hash Browns</li> <li>• Toast</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• PB and J on WW Toast</li> <li>• Banana</li> <li>• Trail Mix</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WW Pancakes w/ Syrup</li> <li>• Kiwi</li> <li>• LF Yogurt Cup</li> <li>• Skim/1% Milk</li> </ul>
<ul style="list-style-type: none"> <li>• WW Waffles with Syrup</li> <li>• Cheerios</li> <li>• Strawberries (fresh or frozen)</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• LF Blueberry Muffin (made with WW flour)</li> <li>• NS Applesauce</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Fruit Pizza</li> <li>• LF String Cheese</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt/Fruit/Granola Parfaits</li> <li>• Dried Cranberries</li> <li>• Banana</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Burrito</li> <li>• Tater Tots</li> <li>• Orange Wedges</li> <li>• Skim/1% Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Banana Split - halved</li> <li>• Banana topped with Yogurt and Teddy Grahams</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuits w/ LF Sausage Gravy</li> <li>• Raisin Bran</li> <li>• Apple Wedges</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• WW Cinnamon Raisin Toast</li> <li>• Hot Cereal Choice</li> <li>• Orange Wedges</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Egg and Cheese on WW English Muffin</li> <li>• Fresh Pears</li> <li>• Skim/1% Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Hot Cinnamon Oatmeal</li> <li>• NS Fruit Cocktail</li> <li>• Trail Mix</li> <li>• Skim/1% Milk</li> </ul>



## Sample Breakfast Menu for Schools without Kitchen Facilities (Two-Week Cycle)



Week One	Week Two
<b>Monday</b> <ul style="list-style-type: none"> <li>Banana - <i>1 whole small</i></li> <li>Raisin Bran - <i>1 oz. (3/4 cup)</i></li> <li>LF Portable Yogurt - <i>4 oz.</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>	<b>Monday</b> <ul style="list-style-type: none"> <li>Apple Wedges - <i>1/2 cup</i></li> <li>Cinnamon Granola - <i>1 oz. (3/4 cup)</i></li> <li>WW English muffin - <i>2 oz. muffin, 2 Tbsp. peanut butter, 2 tsp. jelly</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>
<b>Tuesday</b> <ul style="list-style-type: none"> <li>Apple Wedges - <i>1/2 cup</i></li> <li>Peanut butter and jelly sandwich - <i>2 Tbsp. peanut butter, 2 tsp. jelly, 2 slices bread</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>	<b>Tuesday</b> <ul style="list-style-type: none"> <li>NS pear cup - <i>4 oz. (1/2 cup)</i></li> <li>WW toaster waffles - <i>2 oz. with 2 tsp. jelly</i></li> <li>Instant oatmeal packet - <i>1 oz. (3/4 cup)</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>
<b>Wednesday</b> <ul style="list-style-type: none"> <li>Fresh Grapes - <i>1/2 cup</i></li> <li>Instant oatmeal packet - <i>1 oz. (3/4 cup)</i></li> <li>WW Raisin bread toast - <i>2 slices toast, 2 tsp. margarine</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>	<b>Wednesday</b> <ul style="list-style-type: none"> <li>Banana - <i>1 whole small</i></li> <li>Mini Wheats - <i>1 oz. (3/4 cup)</i></li> <li>LF granola bar - <i>1-1.5 oz.</i></li> <li>Trail Mix - <i>1 oz. nuts, dried fruit mix</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>
<b>Thursday</b> <ul style="list-style-type: none"> <li>NS peach cup - <i>4 oz. (1/2 cup)</i></li> <li>Cheerios - <i>1 oz. (3/4 cup)</i></li> <li>WW Bagel with cream cheese - <i>3 oz. bagel, 2 Tbsp. cream cheese, 2 tsp. jelly</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>	<b>Thursday</b> <ul style="list-style-type: none"> <li>NS Fruit cocktail cup - <i>4 oz. (1/2 cup)</i></li> <li>LF String cheese - <i>1 oz.</i></li> <li>WW Banana Bread - <i>2 oz.</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>
<b>Friday</b> <ul style="list-style-type: none"> <li>Carrot sticks - <i>1/2 cup</i></li> <li>Cheese sandwich - <i>2 oz. cheese, 2 slices WW bread, 2 tsp. mayonnaise</i></li> <li>Trail Mix - <i>1 oz. nuts, dried fruit mix</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>	<b>Friday</b> <ul style="list-style-type: none"> <li>Orange Wedges - <i>1/2 cup</i></li> <li>LF Blueberry Muffin - <i>2 oz.</i></li> <li>LF portable yogurt - <i>1 oz. (3/4 cup)</i></li> <li>1%/Skim Milk - <i>8 oz. (1 cup)</i></li> </ul>

Other Ideas: soft pretzels, graham crackers, whole wheat tortilla wraps with cheese or cream cheese and fruit, cheese sticks/blocks, cereal bars, or WW pop tarts.

WW = whole wheat; LF = low-fat; NS = no added sugar

# Lone Rock School Breakfast Menu- Grades K-6

October 2007

## This Menu Meets the Healthier Montana Menu Challenge Breakfast Menu Criteria

Monday	Tuesday	Wednesday	Thursday	Friday
1 Apple Cinnamon Oatmeal Raisins Brown Sugar Toast Sunbutter Applesauce Milk	2 Cinnamon Yogurt Muffins String Cheese Orange Half Dried Cranberry Milk	3 Tasteeos Cinnamon Bread Stick Grape Juice Granola Milk	4 Banana Bread Squares Egg Pattie Apple Slices Milk	5 French Toast Sticks Syrup Peaches Milk
8 English Muffins Peanut Butter Granola Mandarin Oranges Milk	9 Spiced Apple Muffins Colby/Jack Cheese Stick Applesauce Milk	10 Fruit Loops Raisin Bread Sticks Melon Dried Cranberries Milk	11 Hard Boiled Eggs Whole Wheat Bread or bun Fresh Fruit Salad Milk	12 Whole Wheat Maple Bars Orange Half Strawberry Fruit Bar Milk
15 Raisin Bran Whole Wheat Bread or bun Sunbutter Apricots Milk	16 Whole Wheat Pumpkin Muffin Sausage Link Grapes Trail Mix Milk	17 PB and J Uncrustable Orange Half Milk	18 No School	19 No School
22 Whole Wheat Breakfast Burrito Trail Mix Orange Half Milk	23 Strawberry Yogurt Parfait Granola Bananas Milk	24 Banana Bran Muffin Granola Fresh Fruit Milk	25 Multi Grain Pancakes Syrup Pears and Blueberries Milk	26 Waffle Sticks Sausage Links Syrup Apple Slices Milk
29 Sausage Apple Bagel Baked Apple Slices Granola Milk	30 Peach Sweet Potato Bread Egg Pattie Peaches Milk	31 Blueberry Oatmeal Muffin Tasteeos Orange Half Milk	*Choice of skim and 1% Milk Served Daily	